THE MURMUR

My WISH is that you are able to take a BREAK from PowerPoint slides or Epic and ENJOY a breath of FRESH AIR with The Murmur. May this be an OUTLET from the hustle and FILL you with JOY and LAUGHTER.

- Betsy

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To those of you on the residency interview trail, I am pleased to offer you the inside scoop directly from UMMC’s internal medicine program director, Dr. Thigpen. While in medical school, Dr. Thigpen wrote these articles during his reign as editor of The Murmur.

The Typical Residency Interview

The following is an example of what most one-on-one interview sessions are like when you are interviewing for a residency.

Interviewer: Hey, you, come in and sit down right now.
Applicant: Okay.
Interviewer: Tell me why you applied here, and don’t beat around the bush.
Applicant: I’ve heard some pretty good things about this program, and I like this part of the country.
Interviewer: HOW MANY TIMES DO I HAVE TO HEAR THIS GARBAGE I WANT THE TRUTH!!
Applicant: Uh… I uh… want to...
Interviewer: Tell me everything you know about glucose-6-phosphatase.
Applicant: Glucose-6-phosphatase is an enzyme that...
Interviewer: Stop!! Tell me what you know about teeth. Wait!!! Scratch that. Tell me what you know about gums.
Applicant: Gums are next to teeth, and...
Interviewer: What?
Applicant: Gums are next to teeth, and...
Interviewer: I heard what you said! Don’t get smart with me!! Why have you been arrested 12 times?
Applicant: Uh… I don’t think I’ve ever been arrested.
Interviewer: Your program director says that your criminal record rivals that of Ted Bundy. What’s up with that?
Applicant: Can I see that letter?
Interviewer: No you may not!! You waived your right to see it! Do you know that you just violated one of the rules of The Match?
Applicant: If you’re not going to let me see it, I’m going to call my program director and ask him if he wrote that.
Interviewer: No you are not!! You’re going to tell me the capital city of Paraguay before you do anything!
Applicant: Uh...
Interviewer: Not even close!! Are you planning on getting divorced?
Applicant: What? No! Why would I be planning on that?
Interviewer: I bet you have kids, don’t you?
Applicant: No, we don’t have any.
Interviewer: Why not?
Applicant: We just wanted to wait a little while so...
Interviewer: Enough! I’ve heard enough about that. Where else have you interviewed?
Applicant: Well, I’ve interviewed at my home university and at...

Top 10 Questions/Requests from Interviewers

We asked 5,000 medical students across the country to list the questions they were asked by interviewers in their residency interviews this winter. The following is a list of the 10 most frequently asked questions or requests.

1. Why did all of your letter writers say that you have serious unresolved issues?
2. So, do you hate this place or what?
3. What number am I thinking of?
4. Will you marry me?
5. Say the Greek alphabet backwards while holding this burning match upside down.
6. Tell me about all the skeletons in your closet and then we’ll discuss them in great detail.
7. In 8 1/2 seconds, explain the biochemical structure and function and all pathological disorders of lysosomes.
8. Tell me why you wish you weren’t here right now.
9. Do you have any questions for someone other than me?
10. What is, the square root of 277.64127?
SPooky U
benefitting Mustard Seed
My name is Tori Wilson and I am one of the OB/GYN PGY-1 residents this year. I grew up on the Mississippi Gulf Coast, and attended Mississippi State University where I earned my degree in biochemistry. I completed my medical education right here at the University of Mississippi Medical Center and found the pathology, high-risk obstetric population, and training offered here in Jackson to be unmatched while on the interview trail. I’m completely in love with our department and am reminded daily of why I chose this field! Like any residency program, the hours are long but the work is rewarding. When I’m not on call, you can find me heading back to Starkville to cheer on the dawgs, finding the closest beach, or soaking up time with family and friends.
HAPPY HOURS
NORTHEAST JACKSON EDITION

Fine and Dandy
Monday-Friday 12-6 PM
So Pro Light ... $3
Tiny Bomb ... $3
House Red, White, Rose ... $5
Dandy Marg ... $6
Golden Girl ... $6
Old fashioned ... $6

Sal and Mookies
Tuesday-Friday 4-6 PM
Draft beer 25% off
House wine ... $5
Sal's Sneaky Lemonade ... $5

Gold Coast Bar at Cultivation
Daily 12-6 PM
Domestics and Drafts ... $3
Wine ... $5
Champagne Cocktail ... $6
Select Cocktails ... $7

Bravo!
Daily 4-6 PM, 8-10 PM
Eats ... $5
Wine ... $5
Wells ... $5

Aplos
Daily 4-6 PM
Wine ... $5
Wells ... $5
Beer $2 off
Pizza 50% off
If you haven’t heard of Billy Strings yet, be careful because there is no such thing as a casual Billy Strings fan. Billy (real name William Apostle) is a 28-year-old Grammy-winning bluegrass virtuoso, and my personal favorite musician. He doesn’t really fit into one genre of music but I like to explain his music as psychedelic bluegrass that comes alive onstage with the band’s ever-changing improvisation. The magic and energy of an in-person Billy Strings show is hard to describe but so easy to feel. For this reason, I recommend either going to a show, buying a livestream ticket, or looking up old shows on Youtube if you really want to climb through his escape hatch from reality.

A good jumping off point is to stream the most recent 3-night run in Asheville. Billy and his bluegrass boys brought all the heat for the Wizard of Oz themed Halloween run. On the first night, the band was dressed in all grey hues - a nod to the opening black and white scene of the film. Failing sang “Over the Rainbow” followed by “End of the Rainbow” by Frank Wakefield. At set break they played “Spinning” which simulated the tornado, then dropped colorful balloons and changed the stage lighting so that they were now in color just like the movie. From then on, each of the band members was dressed as a Wizard of Oz character and performed an associated song: Billy Failing (banjo) as Dorothy, William Apostle (guitar) as the Scarecrow, Royal Masat (standup bass) as the Lion, and Jarrod Walker (mandolin) as the Tin Man. Night two we got “If I Only Had a Brain” brought back in with Billy’s “Know It All” from his new album (Renewal) in set one. In set two of the same night, Walker covered “If I Only Had a Heart” brought back in with “Hollow Heart” and “If I Only Had the Nerve” by Masat into “Courage for the Road” by Greensky Bluegrass. All the songs had some type of relevance to Oz and were played in order as if you were watching the movie.

They ended night two in front of an image of Emerald City playing “Castles Made of Sand” by Jimi Hendrix. By night three, they were on their way to Emerald City, featuring songs about lions, tigers, and bears. They ended the run with “Goodbye Yellow Brick Road” by Elton John. Every Billy Strings show I go to just keeps getting better and better. If you don’t believe me, he went from playing to a Halloween crowd of ~1,000 for one night in 2019 to playing for a sold-out crowd of ~7,600 three nights in a row in 2021. Grab your friends and join us, it’s a pleasure to be in attendance.
Kathy and Joe Sanderson Tower’s First Birthday Celebration
We all know Dr. Woodward as the fearless leader of Mississippi’s healthcare, but what is our Vice Chancellor like behind the perfectly tailored suits and eloquent yet relatable speeches we have all grown to love? The Murmur is here to offer a recurring column about Dr. Woodward’s life outside of the hospital.

When I asked what her favorite holiday traditions are, Dr. Woodward immediately answered that she loves the spirit of the holidays. She said “I love when you can feel the fun and festiveness in the air.” The most important aspect of the holiday season to our Vice Chancellor is that it all centers around family, a theme that is central to who she is as a person.

Dr. Woodward states, “I have four children, three girls, one boy. The girls, especially, and I will make an event of getting together to wrap presents.” Her family doesn’t “do anything dramatic or different than most people, it’s just about the people you’re with.” The focus on family is her favorite part of the season, whether you are cooking, wrapping, or decorating -- that’s what makes it fun.

Not only can Dr. Woodward navigate the state through a pandemic, but she can also throw together a Christmas feast! The holiday season is a time for her to bring out recipes that lie dormant throughout the year. Her go-to dish is a Christmas morning breakfast casserole. Additionally, she spoke with enthusiasm about fudge, cakes, and candies as treats special to the holiday season. She thoughtfully expressed, “My mother made the BEST divinity known to man.” Dr. Woodward repeatedly tries the famed recipe, but says it never turns out quite the same. Maybe this will be the year her divinity tastes just like her mother’s!

Betsy Crosswhite, M3
To call out a disease as the emperor of all maladies is perhaps one of the boldest statements that a physician can make. With hosts of specialists and “-ologists” all contending that their ailment of study is the most detrimental to humanity and worthy of funneling tax dollars into research and development, it seems dubious at best that any disease should be ascribed such a lofty title. Nevertheless, in The Emperor of all Maladies, Dr. Siddhartha Mukherjee makes the claim that cancer is this emperor, and his inventive approach, as well as the clarity and captivating nature of his writing, landed the book the 2011 Pulitzer Prize.

There is much forgotten history in this book – from the opening of the nation’s first children’s hospitals, the dark side of America’s cigarette lobbying industry, the stigmatizing initial response to sexually transmitted cancers like HPV, to national cancer policies influencing the outcome of American presidential elections. You will discover that cancer has had far more of an impact than simply being the second leading cause of death globally. It is a constant presence lurking in the background of our psyche, threatening to possess 1 in 3 of us and kill 1 in 6. Like a mold or mildew, it inhabits some dark and deserted corner of our bodies, undetected, and spreads out to consume us whole after it is far too late for eradication. The Emperor of all Maladies tells the story of the heroes and villains, cowards and dreamers, visionaries and short-sighted individuals who dared to grapple with this frightening reality. Mukherjee titles my favorite chapter of his book “A Distorted Version of Our Normal Selves.” This is such an apt description of cancer to me. Cancer is not one disease, and in many ways, it is not a disease at all. It is not a pathogen, a foreign bacteria or virus that bypasses our immune system to attack and weaken us. It is an out-of-control genetic mutation causing the unchecked replication of our cells that eventually depletes all our energy stores. Every cell, tissue, organ, and organ system in our body is a liable culprit – at any stage in our lives.

Humans have nearly mastered self-defense against foreign invaders of all kinds but are practically defenseless when the very thing trying to kill us is ourselves.

A BOOK REVIEW:
THE EMPEROR OF ALL MALADIES
CAL WILKERSON, M4

To call out a disease as the emperor of all maladies is perhaps one of the boldest statements that a physician can make. With hosts of specialists and “-ologists” all contending that their ailment of study is the most detrimental to humanity and worthy of funneling tax dollars into research and development, it seems dubious at best that any disease should be ascribed such a lofty title. Nevertheless, in The Emperor of all Maladies, Dr. Siddhartha Mukherjee makes the claim that cancer is this emperor, and his inventive approach, as well as the clarity and captivating nature of his writing, landed the book the 2011 Pulitzer Prize.

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There is much talk these days about how amazing it is that we have doubled our lifespan in this past century – and the potential that we could do the same in the next. Speculation has it that we could even become amortal, given the current pace of science and technology. Emperor introduces us to the most significant hurdle in this quest. Cancer is a sort of human expiration date. The irony of it all is that we are both the origin and the source of our own destruction, and that to kill the cancer, we must also kill ourselves. As Mukherjee beautifully relates, “cancer’s life is recapitulation of the body’s life, its existence a pathological mirror of our own. To confront cancer is to encounter a parallel species, one perhaps more adapted to survival than even we are.” This book is a must read for anyone who wants to confront the great enemy of our time, the emperor of all maladies.
A Family Tradition
Abbas Edition

“There’s another one of you?!” Starting M1 year in 2018, I could not state my last name without hearing these words from almost every professor. Being the fourth and final (I promise) Abbas child to attend UMMC, I can hardly blame them. Between the four of us, we span 11 years of consistently having one sibling enrolled in the medicine program. Noah began in 2011 and I will close the door this coming Spring of 2022. What will this school do without us! It is safe to say that with the seasoned educators we have working in this department, several professors have had the privilege (or shall I say dismay) of teaching all four of us. I can assure you that my older siblings did not reveal any secrets, and I endured the pre-clinical struggles just as they did. If you ask me today, my quick answer for the reason I went to medical school is so I would not be lost at the dinner table. But upon reflection, I can say that I have watched each of my siblings take on this career and find their own voice within it. To say they did not have a part in starting my career path within medicine would be untruthful, but I can honestly say that cultivating a unique journey in this field has been completely my own. It does ease the journey to know that each other’s struggles will be met with empathy and our crazy stories will be met with appropriate laughter. It has strengthened our bond, and it has motivated me to know that my built-in role models will become my colleagues one day. My siblings have made me who I am and have inspired me in so many ways. As the youngest, I can only hope to inspire my nieces and nephews just the same. Continuing on, another common phrase I hear is, “Your parents must be so proud!” After the fourth time around, there is absolutely nothing I can do at this point that has not already been done. It is quite humbling. Hardly a year goes by where we don’t have to attend a graduation or two. In the end, I would be remiss not to mention the fact that our mother was blazing this trail for us about 40 years ago, too. I guess that leaves Dad to be the real one lost at the dinner table.

But upon reflection, I can say that I have watched each of my siblings take on this career and find their own voice within it.

AMIRA ABBAS, M4
Whiskey Sour

2 parts whiskey – I like Wild Turkey 101
1 part simple syrup – equal parts sugar and water, melted together
1 part lemon juice – it has to be fresh-squeezed
Shake together with plenty of ice.
Strain over a glass with fresh ice and serve.

If you’re like Murmur contributor, Amira Abbas, M4, you will float some merlot on the top to round it out!

If you want your friends to think you’re really mastering the art of medicine while studying for hours on end, you’ll prescribe this season’s GI cocktail during the holidays. There’s only one rule for any cocktail. You must follow the magic ratio. It’s 2 parts alcohol, 1 part sour, 1 part sweet.

This Season’s GI Cocktail

Cheers!
Drink responsibly
Ina Garten’s Warm Dates with Blue Cheese & Prosciutto

This is the appetizer you bring to a holiday party when you have fifteen minutes to make a dish that tastes like you labored all day in the kitchen, not the hospital. If the thought of turning on an oven makes you reach for propanolol, I suggest grabbing petit fours from Campbell’s Bakery. If they are closed because you got a new patient right before sign outs, take your crockpot to Wendy’s and have them fill it up with chili. From personal experience, everyone will think it is homemade!

**INGREDIENTS**
- 24 large dried Medjool dates
- 6 ounces sharp blue cheese
- 1/4 lb thinly sliced prosciutto

**DIRECTIONS**
Preheat the oven to 400 degrees F.
Slice each date lengthwise and fill with blue cheese.

Fold the date over the cheese, pressing it back into its original shape.

Wrap a strip of prosciutto around each date. Place the dates on a sheet pan and bake for about 8 minutes, until the prosciutto is browned and the cheese starts to melt.
Cream together shortening and sugar until fluffy. Add egg and molasses. Blend well. Sift together the next 6 dry ingredients. Stir into creamed mixture. Form dough into balls using 1 tsp dough. Roll each ball in a mixture of 2 tsp sugar and 1 tsp cinnamon. Place about 2 inches apart on a greased baking sheet. Bake at 375° for 10 minutes or until golden brown. Makes about 3 dozen.

**Ingredients**

- ¾ c. shortening
- 1 c. sugar
- 1 egg
- ¼ c. molasses
- 2 c. sifted flour
- 2 tsp baking soda
- 1 tsp cinnamon
- ¾ tsp ground ginger
- ½ tsp ground cloves
- ¼ tsp salt
- 2 tsp sugar
- 1 tsp cinnamon

**Directions**

Cream together shortening and sugar until fluffy. Add egg and molasses. Blend well. Sift together the next 6 dry ingredients. Stir into creamed mixture. Form dough into balls using 1 tsp dough. Roll each ball in a mixture of 2 tsp sugar and 1 tsp cinnamon. Place about 2 inches apart on a greased baking sheet. Bake at 375° for 10 minutes or until golden brown. Makes about 3 dozen.
Gold Humanism Awards 2021
I have an employment contract! Now what do I do?

After years of medical training, you now hold an offer for employment. Before signing on the dotted line, it would behoove you to have a healthcare attorney review your contract. Unfortunately, hiring a healthcare attorney is an expense you may not have considered.

To ease that burden, Medical Assurance Company of Mississippi now has a program to provide a review of employment contracts — at no charge — for resident physicians at the University of Mississippi Medical Center. The employment contract initiative — a $500 value — is limited to one review per resident.

To qualify:
• You must be a resident/fellow of the University of Mississippi Medical Center.
• You must be seeking employment as a practicing physician in Mississippi.
• You must be one of the first 100 residents/fellows with a contract to contact MACM.

If you are seeking employment or have an employment contract in hand and would like advice from a healthcare attorney, contact MACM at the following:

Stephanie Edgar, JD
General Counsel
(601) 605-4882
sedgar@macm.net

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